

Minds of Medicine on 'Living with Diabetes'

A presentation of *Minds of Medicine: Living with Diabetes* will air at 8:30 p.m. Thursday, June 27, on WXYZ-TV/Channel 7.

The program is part of a series locally produced in cooperation with WXYZ-TV/Channel 7 and Henry Ford Health System. The series provides an inside look at the doctors and nurses at one of the nation's top-rated hospitals as they make critical decisions that extend and even save lives. *Minds of Medicine: Living with Diabetes* will feature how diabetes, such as former Miss America 1999 Nicole Johnson, struggle to keep their disease under control. Johnson, 28, was diagnosed with Type 1 diabetes when she was 19. Today, she uses a pump that injects insulin directly into her bloodstream instead of having to give herself shots four times a day.

Fred Hammond, an internationally known gospel recording artist from Detroit and Michael Squires, 22, who was diagnosed with diabetes at the age of 17, talk about living with Type 2 diabetes.

Diabetes facts

The statistics on diabetes, the sixth leading cause of death in the United States, are alarming: 16 million Americans have diabetes and 5 million Americans suffering from diabetes don't know they have the disease.

Warning signs/symptoms

- Increased thirst
- Increased hunger, especially after eating
- Frequent urination
- Unexplained weight loss
- Tiredness
- Blurred vision

Often associated with being overweight, Type 2 diabetes typically develops in adults over the age of 40, but now it is appearing in children and young adults at alarming rates.

Diabetes Mellitus is a disease of the pancreas that affects the body's ability to produce or properly respond to insulin, a hormone that helps the body store

Risk factors

- Family history
- Race or ethnic background; risks are greater in African Americans, Hispanics, Native Americans and Asians
- Being overweight
- Hypertension (high blood pressure)
- Abnormal cholesterol levels
- Age; risk increases as one gets older
- Smoking
- Heavy alcohol use

and use the sugar and fat from the food we eat.

"We need to do a better job of teaching people how to self-manage their disease," says Dr. Kimberly Wisdom, an emergency medicine physician at Henry Ford Hospital. "But at the same time, people with diabetes need to make lifestyle changes that will enable them to better man-

age the disease.

A Henry Ford endocrinologist for more than 40 years, Dr. Fred Whitehouse has been on the forefront of diabetes treatment and research. In a 1993 report, Whitehouse showed unequivocally that controlled diabetes, which involves keeping the blood sugar close to normal, helps prevent eye, kidney and nerve problems.

Among the new technologies that will be featured in the show in Henry Ford's diabetes care management program, which closely tracks patients. The system sends out letters automatically to remind patients about required lab tests such as eye and foot exams and blood tests.

On the evening of the June 27 broadcast, viewers may participate in an on-line chat with physicians featured on the show. The chat will be held 8:40-9:40 p.m. at henryford.com.

Encore presentations of *Minds of Medicine: Living with Diabetes* will air 1 p.m. Sunday, June 30, and 1 a.m. Monday, July 1.

Heart from page C4

from a massive heart attack if he had not gone to the doctor when he did.

The American Heart Association encourages all men and their families to learn the warning signs for heart attack and stroke and what to do when the warning signs occur.

Some heart attacks are sudden and intense, the typical "movie" heart attack, where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often the person affected isn't sure what's wrong and waits too long before getting help.

Here are some of the signs that may mean a heart attack is happening:

■ **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts for more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

■ **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

■ **Shortness of breath.** This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.

■ **Other signs.** These may include breaking out in a cold sweat, nausea or lightheadedness.

The warning signs for stroke include:

- Sudden numbness or weak-

ness of the face, arm or leg, especially on one side of the body.

- Sudden confusion, or trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden severe headache with no known cause.

If your dad notices any of these signs, tell him to call 9-1-1 immediately. And instruct other family members what to do in case of a cardiac emergency. There are many treatments available, but all must be done quickly after the onset of symptoms.

For more information about reducing your risk of heart disease, as well as the warning signs of heart attack or stroke, log on to americanheart.org or call (800) AHA-USA1.

Wear good shoes and take a friend walking

Here are some Weight Watchers tips for successful walking routines:

■ **Be sure the shoe fits.** It's unlikely that at the first sign of blisters or chafing, you'll pack up your walking routine for good. So invest in a good, well-fitting walking shoe with a durable sole and supportive arches, along with a comfortable sock that doesn't rub. Once you've found the right shoe, break it in slowly; too much, too soon can also leave you with blister-covered feet.

■ **Invest in all-weather gear.** Don't let bad weather be your excuse not to get out. Select clothing that will protect you from the elements. For winter, this means layering fabrics that will wick sweat away from the skin while insulating you against the frigid temperatures. For summer, choose comfortable shorts that won't ride up and tops that can keep you cool. If you're walking at night, be sure to wear reflective clothing.

■ **Buddy up.** The surest way

to stick to your walking routine is to do it with a partner. You'll feel obligated to show up when someone else is counting on you. Besides, it's a great way to catch up with your best friend or relative.

■ **Stick to your schedule.** If you're a morning person, get up and go as soon as you hop out of bed. Or if you stroll after dinner, make more your speed, clear the dishes and get moving. It doesn't matter when you walk, as long as you do it when you're likely to stick with it. If you hate getting up when the alarm rings, chances are, your morning walks will soon be a distant memory.

■ **Add mileage gradually and keep track of your improvements.** Gradually increase your time or distance each week. As you add more time and mileage, keep a daily log to note all of your progress. It's a great way to stay motivated and see how far you've come.

■ **Stay in alignment.** Bad posture is a frequent culprit that can lead to inefficient walking, so prevent droopy shoulders by imagining that a string is pulling your head straight up, with your eyes focused about 10 to 20 feet ahead of you. And don't forget to keep your abdominal muscles tight, which will help to tone your stomach muscles and support your back.

■ **Don't leave home without the essentials.** Tote a bottle of water so you won't get thirsty. And why not listen to some tunes while you walk? Music can inspire you to keep moving and can make the minutes pass in time at all. Finally, consider carrying a pedometer, which will track not only how far you've gone, but also how much time it took to do so. You can challenge yourself to go further or do your workout in less time.

■ **Know when to take a break.** Sure, walking and exercise are great for you, but taking

a day off can be equally as healthful. If you're injured or sick, don't push yourself, as your body needs time to recover from its ailments. Doing too much can be just as detrimental as doing nothing at all. And in giving yourself a day off, you'll find that you'll enthusiastically look forward to getting back to your daily walks.

Read the Observer for local sports coverage



www.HomeTownLife.com

INTERNET ADDRESS DIRECTORY

ACUPUNCTURE

Carl J. Semash, M.D. — www.americanacupuncture.com

APARTMENT

Can Be Investments — www.can-be.com

ARCHITECTS

URS Greiner-Woodward Clyde — www.urscorp.com

ART MUSEUMS

The Detroit Institute of Arts — www.dia.org

ASPHALT/CONCRETE PAVING

Agas Paving Industries — www.agaspaving.com

ASSOCIATIONS

Oakland Youth Orchestra — www.oyo.org

AUTO

Suburban Newspapers of America — www.suburban-news.org

AUTO EXTEND WARRANTY

Suspender Wearers of America — http://www.suswa.com

AUDIO VISUAL SERVICES

AVS Audio — www.avsaudio.com

AUTOMOTIVE

Auto Extend Warranty — www.autoextendwarranty.com

BAKING/COOKING

"Jiffy" Mix — Chelsea Milling Company — www.jiffymix.com

BIBLE STUDY

Palmer Road Church of Christ — www.palmerchurch.org

BOOKS

Apostolate Communications — www.apostolate.com

BUSINESS NEWS

Insider Business Journal — www.insiderbiz.com

CHAMBERS OF COMMERCE

Ann Arbor Chamber of Commerce — www.annarbor.org

Birmingham-Bloomfield Chamber of Commerce — www.bbcoc.com

Livonia Chamber of Commerce — www.livonia.org

Northville Chamber of Commerce — www.northville.org

Novi Chamber of Commerce — www.novi.org

Redford Chamber of Commerce — www.redfordchamber.org

CHILDREN'S SERVICES

St. Vincent & Sarah Fisher Center — http://www.vscf.com

CHILD SAFETY ITEMS

Kinfesafe — www.kinfesafe.com

CLASSIFIED ADS

HomeTown Newspapers — http://www.hometownlife.com

Observer & Eccentric Newspapers — http://www.observerandeccentric.com

COMMUNITY NEWS

HomeTown Newspapers — http://www.htownews.com

COMMUNITY SERVICES

Beverly Hills Police — www.beverlyhillspolice.com

Common Ground Sanctuary — www.commongroundsanctuary.org

Detroit Regional Chamber — www.detroitchamber.com

Hearts of Livonia — www.hearts4livonia.org

CREDIT BUREAUS

Ann Arbor Credit Bureau — www.a2cb.com

CRAFTS

Livonia Farm — www.livoniafarm.com

DENTISTS

Family Dentistry — www.familydentist-smarids.com

Novi Dental — www.novidental.com

Smile Maker — www.smilemaker.org

DOLLS

Toy Wonders of the World, Inc. — www.toywonders.com

EDUCATION

Oakland Schools — http://oakland.k12.mi.us

Rochester Community The Webmaster School — http://rochester-hills.com

ELECTRONIC SERVICE AND REPAIR

ABL Electronic Service — www.ablserve.com

EMPLOYMENT SERVICES

Advantage Staffing — www.astaff.com

EYE CARE/LASER SURGERY

Greenberg Laser Eye Center — www.greenberglaser.com

Michigan Eyecare Institute — www.micheyecare.com

FLOORING

Dan's Hardwood Flooring Company — www.dandfloors.com

FROZEN DESSERTS

Savino Sorbet — www.sorbet.com

GALLERIES

Covington Taylor Gallery — www.covingtontaylorgallery.com

HOME IMPROVEMENTS

Accent Remodeling 1, Inc. — www.accentremodeling.com

IDENTIFICATION & LAMINATION

Identification Lamination Products — www.identlam.com

INSURANCE

J.J. Corbett & Assoc., Inc. Insurance — www.corbettinsurance.com

MANUFACTURER'S REPRESENTATIVES

Electronic Sources — www.esirep.com

MEDICAL SAVINGS PROGRAMS

Geard Canyon, Carl Ernie Representative — www.geardcanyon.com

MEDICAL SUPPLIES

Innovative Laboratory Supplies — www.innovativelaboratorysupplies.com

MUSIC MEMORABILIA

Classic Audio Repro — www.classicaudiorepro.com

PAIN MANAGEMENT

Integrated Pain Management Center — www.hopeandpain.com

QUALITY SYSTEMS & PRODUCTIVITY

Arch Associates, LLC — www.archassociates.com

REAL ESTATE

AMP Building — www.ampbuilding.com

Birmingham-Bloomfield Rochester South Oakland Association of Realtors — www.justlisted.com

Century 21 Town & Country — www.century21towncountry.com

Detroit Association of Realtors — www.detroitassociationofrealtors.com

Langford Realtors — www.langford.com

Max Brook, Inc. — www.maxbrook.com

Quality Real Estate — www.qualityrealestate.com

Real Estate One — www.realestateone.com

Sellers First Choice — www.sellersfirst.com

Westman Snyder & Rankin — www.westmanrnel.com

Western Wayne Oakland County Association of Realtors — www.wwoacar.com

REAL ESTATE AGENTS

Bob Taylor — www.bobtaylor.com

REAL ESTATE APPRAISAL

BRSOAR Appraisers Committee — http://www.justlisted.com/appraisal

REAL ESTATE EDUCATION

Real Estate Alumni of Michigan — www.realmidwest.org

REPRODUCTIVE HEALTH

Asghar Alami, M.D. — www.gynocd.com

Midwest Fertility and Sex Selection Center — www.mfsc.com

Center for Reproductive Medicine & Fertility — www.reproductive-medicine.com

RESTAURANTS

Albans Restaurant — www.albans.com

RETIREMENT COMMUNITIES

Presbyterian Villages of Michigan — www.pvm.com

Woodhaven Retirement Community — www.woodhaven-retirement.com

SHOPPING

Birmingham Principal Shopping District — http://www.birmingham.com

SURPLUS FOAM

McClough Corporation — www.mclough.com

McClough Corporation — www.mclough.com

TOYS

Toy Wonders of the World — www.toywonders.com

TRAVEL AGENCY

Cruise Selections, Inc. — www.cruiseselections.com

WEB SITE DEVELOPMENT

HomeTown Digital — http://www.htdigital.com

WHOLISTIC WELLNESS

Roots and Branches — www.rootsandbranches.com

WOODWORKING

Art Squared — www.artsquared.com

WORSHIP

First Presbyterian Church Birmingham — http://www.fpcbm.org

Rochester First Assembly Church — www.rochesterfirst.org

Unity of Livonia — http://unityoflivonia.org

YOUTH ATHLETICS

Westland Youth Athletic Association — www.wyaa.org

We're a whole lot closer to home

Lawn mowers. Snowblowers. The machines of summer and winter that show you care about your home. They're great to have. Until the day they don't start, or worse, quit right smack in the middle of the job. Your hometown classified section can help: Find a local fix-it person or the people who are moving to apartments who have placed ads for good used machines. You'll find folks who are right in your backyard—just a quick drive away. Be to check out our classifieds at [ohonline.com](http://www.ohonline.com) anytime. So, if your mower or blower dies, find help from your neighbors in your your hometown classifieds. Of course, people have been known to begin looking for a lawn mower and discover a great set of golf clubs or a ski mobile or a lot of other really neat stuff. And remember, if you are the one moving to an apartment, there are thousands of people looking for the stuff you won't need anymore.

Observer & Eccentric

CLASSIFIED ADS

It's all about RESULTS!